

Alison Cunningham-Goldberg, MA, ATR-BC, LCAT, Artistic Expression with Evidence-Based Techniques to Transform Lives

Harnessing Positive Psychology, Relational Healing, and a Growth Mindset to Meet Diverse Mental Health Needs



New York City, New York Nov 6, 2024 ([Issuewire.com](https://www.Issuewire.com)) - Alison Cunningham-Goldberg, MPS, LCAT, ATR-BC is a licensed and board-certified psychotherapist with significant experience in the field

of mental health at the Hebrew Home for the Aged, Bronx Psychiatric Center (OMH), George Jackson Academy, Belmont Family Service Center and Linda Garcia Rose & Associates before establishing her own practice in 2022 in New York City.

Ms. Cunningham-Goldberg's practice addresses issues that professionals from diverse backgrounds encounter balancing careers, family dynamics, friends, work, and school, within the challenges of everyday life. Her extensive experience includes working with ADHD, Autism, Complex Trauma, Bereavement, PTSD, Depression and Anxiety.

Along with her collaborative and personalized approach, Alison utilizes a holistic strength and evidence-based techniques such as Expressive Arts Psychotherapy, Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Authentic Movement, and the Gottman Method in working with individuals, families, and children.

Alison Cunningham-Goldberg's extensive academic training supports her commitment to expressive arts and psychology. After earning her Bachelor of Arts in English Literature from Drew University in 1987, Alison Cunningham-Goldberg pursued further studies in Biology, Psychology, and Studio Art at Hunter College, City University of NY (2002-2008) and earned her Master's in Professional Studies in Arts Therapy & Creativity Development from Pratt Institute's Graduate School of Art & Design (2008-2010), followed by specialized training in the Children and Adolescent Program at the Institute for Psychoanalytic Training and Research, (2013-2015).

Alison Cunningham-Goldberg's passion for her work is reflected in her active membership in professional organizations, including the American Art Therapy and the New York Art Therapy Association. She was honored as a leader for creating the "Community Art" group at Good Shepherd Belmont Family Center in 2016 and received the Bronx Primary Care Shining Star recognition for her contributions to creative arts therapies.

With her unique blend of artistic insight and psychological acumen, Alison Cunningham-Goldberg is dedicated to empowering individuals on their own path to healing and personal growth, making a meaningful impact in the lives of her patients.

Learn More about Dr. Alison Cunningham-Goldberg:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/83890850> or through her website, <https://www.cunninghamgoldbergtherapy.com/>

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Source : Alison Cunningham-Goldberg, MA, ATR-BC, LCAT

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